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ABSTRACT

In an effort to initiate community-based educational efforts for the prevention and treatment of substance abuse, the American Association of Community Colleges and Metropolitan Life Foundation sponsored the Community College (CC) Alcohol and Other Drug Abuse Education/Training Initiative. Participating community colleges were awarded 2-year grants of up to $10,000 to develop and deliver drug abuse education and training programs in partnership with community groups. The 15 funded projects were entitled: (1) "The Mobilization of a Communitywide Alcohol/Drug Prevention Resources Project" (Barton County CC); (2) "Community Intervention in the Lives of Cocaine-Exposed Babies" (Brevard CC); (3) "Alcohol and Other Drug Abuse Education Programs for Schools and the Workplace" (Central CC); (4) "Developing a Training Program To Prepare Substance Abuse Prevention Personnel" (College of DuPage); (5) "The Clergy Assistance Program" (Delaware County CC); (6) "Project ADAPT (Alcohol/Drug Abuse Prevention and Training" (Greenfield CC); (7) "Staff Training in Working with Prenatally Alcohol- and Drug-Exposed Infants and Their Families" (Long Beach City College); (8) "Family Drug Prevention Program" (Luzerne County CC); (9) "A Community Partnership for Education and Training of College Faculty and Substance Abuse Professionals" (Miami-Dade CC); (10) "Substance Abuse Education/Prevention" (Northern Essex CC); (11) "Alcohol and Drug Abuse Prevention Program" (Presentation College); (12) "The County Network for Education, Communication, and Training" (San Juan College); (13) "Prevention Showcase" (South Suburban College); (14) "Inter-Agency Mentoring and Assessment Project To Promote a Drug-Free Environment" (Southeastern CC); and (15) "Regional Wellness Resource Center" (Triton College). A one-page description is provided for each project. (MAB)

ED 365 376

BUILDING COALITIONS

FIGHT AGAINST DRUGS

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with Funding from

Metropolitan Life Foundation

Community College Initiatives

Lisa Falcone, Editor

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Lisa Falcone, Editor

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INTRODUCTION

Alcohol and other drug abuse has become one of the most troubling and pervasive problems in our society today. American leaders attribute many of our national woes to the terrible side-effects of alcohol and other drug addiction. The statistics are alarming. Some experts believe that 10 percent of any community is chemically dependent, and without treatment 97 percent of addicted people will die prematurely.

In an effort to initiate community programs for the education, prevention, and treatment of substance abuse, the American Association of Community Colleges (AACC), with funding from Metropolitan Life Foundation, sponsored the Community College Alcohol and Other Drug Abuse Education/Training Initiative. AACC recognized that community colleges are well positioned in their local communities to develop partnerships with other groups involved in substance abuse education. Along those same lines, Metropolitan Life Foundation is committed to supporting projects in health education and believes that many of our national problems can be resolved through collaborative efforts.

In October 1990 community colleges nationwide were invited to submit grant proposals. Fifteen community colleges were awarded two-year grants of up to $10,000 to develop and deliver alcohol and other drug abuse education and training programs in partnership with community groups. In some cases, additional $5,000 grants were awarded directly to the college's community partner. The grants were designed to provide seed monies for projects that could potentially become self-supporting beyond the grant period. The colleges selected are located in 11 states across the country and represent rural, urban, and suburban communities.

The projects were completed in summer 1993. In all cases the community colleges were successful at developing concrete partnerships with agencies, schools, health organizations, and/or other community groups. Moreover, the grants provided community colleges with an opportunity to tackle complex and difficult societal problems with innovative and creative approaches.

The projects ranged from developing curriculum for substance abuse certificates to establishing county coalitions. The issues encompassed everything from long-term effects of smoking to babies prenatally exposed to cocaine and other drugs. The people *trained* by the projects were teachers, counselors, service providers, parents, business people, clergy, and young people wanting to go into substance abuse prevention professions. More importantly, those *served* by the projects were people, including children, who were either drug abusers or the family members of drug abusers.

The projects are summarized in the following pages of this publication. You are encouraged to use it as a resource and can contact the director of any given project for more information.

AACC and Metropolitan Life Foundation congratulate all the people from the colleges and community organizations who participated in the grant program. They successfully planned and implemented quality projects that made a positive difference in their communities.

Participating Colleges and Project Topics

	Assessment	Business/Industry	Campus Education	Clergy	Community/Professional Network
Barton County Community College, KS					•
Brevard Community College, FL					
Central Community College, NE		•			
College of DuPage, IL					
Delaware County Community College, PA				•	•
Greenfield Community College, MA				•	•
Long Beach City College, CA			•		•
Luzerne County Community College, PA					
Miami-Dade Community College, FL			•	•	
Northern Essex Community College, MA			•		
Presentation College, SD			•		
San Juan College, NM					•
South Suburban College, IL		•			•
Southeastern Community College, NC	•		•		
Triton College, IL					

						•	•					Curriculum Development
					•					•		Drug-Exposed Infants/Children
		•			•					•		Health Care/Agency Professionals
		•		•								Multicultural Education
•		•			•			•		•		Parent Programs
•	•	•	•									Peer Education
				•						•	•	Public Awareness
•		•			•			•		•	•	Teacher/School Personnel
•	•	•	•							•		Resources
					•	•					•	Youth Projects

The Mobilization of a Communitywide Alcohol/Drug Prevention Resources Project
Barton County Community College
Route 3, Box 136Z
Great Bend, KS 67530
President: Jimmie L. Downing
Project Director: J. Dale Peier
316/792-2701
Partners: Barton County Coalitions

Recognizing the lack of a coordinated substance abuse education/training program involving agencies, groups, organizations, and individuals, Barton County Community College launched the Mobilization of a Communitywide Alcohol/Drug Prevention Resources Project, also called the LEAD Project. The project was designed to serve all citizens of Barton County, Kansas, a community of 22,170 people.

Through an early, proactive stance in the war on campus alcohol and other drug abuse, the college organized a number of substance abuse education/training programs for students, staff, and faculty. The college staff also reached into the community with training programs for teachers, counselors, and other school personnel. In addition, they were instrumental in coordinating a regional drug education and prevention consortium.

Encouraged by the success of these programs, college officials wanted to do more for the community. However, they recognized that before a successful community substance abuse program could be accomplished, they needed to foster local ownership of the problem and broad-based community involvement.

The Mobilization of a Communitywide Alcohol/Drug Prevention Resources Project institutionalized a countywide resource, training, and service development network. The project consisted of three key components: the development of four countywide alcohol/drug prevention education and resource mobilization/management community coalitions in the cities of Chaflin, Ellinwood, Great Bend, and Hoisington; the coordination of one countywide consortium known as the Partnership; and the design and implementation of a training and education program for school personnel, interested individuals, and students.

The four community coalitions developed programs and informational materials to promote public awareness and to implement prevention strategies. Each initiated countywide youth activities, including the development of an innovative teen project called "Get Involved Before Your Kids Do." They also developed a countywide newsletter that is produced six times per year.

The Partnership, consisting of representatives from each of the coalitions, functioned as a steering committee for the entire county and provided governance for all countywide alcohol/drug prevention activities.

Overall, the project has been successful in mobilizing the people and resources of Barton County. The citizens have learned that working collectively is a positive approach to solving the very difficult problem of alcohol and other drug abuse in their community.

Community Intervention in the Lives of Cocaine-Exposed Babies: A Positive Response to the Crack Baby Nightmare

Brevard Community College
1519 Clearlake Road
Cocoa, FL 32922
President: Maxwell C. King
Project Director: Yvette Boodhoo
407/632-1111, Ext. 4602
Partners: School Board of Brevard County, Child Care Association of Brevard County, and Brevard County Public Health Unit

Up to 200,000 cocaine-exposed babies are born each year in the United States. Once thought to be limited to urban areas, drug-exposed infants and children can be found in communities all across the country. In Brevard County, Florida, the increase in the number of cocaine-exposed newborns has been significant. In 1987, when the state started to mandate reporting of these births, there were 30 cases; in 1992 the number grew to 92 newborns. Overall Brevard County's Public Health Unit has a caseload of 290 children, ranging from newborns to five-year-olds, in this population.

As the number of children who were prenatally exposed to drugs grew, so did the feelings of anxiety and powerlessness of the educators, health care providers, day care personnel, and foster parents who attempted to cope with the complex physiological, psychological, and socioeconomic issues associated with these children. Service providers were unprepared and expressed a need for resources and training to meet the special demands of this growing population.

Brevard Community College, in conjunction with the Brevard County School Board, Child Care Association, and Public Health Unit, met the challenge. They established a communitywide program of education and training for health care workers, teachers, and parents. Three goals guided their efforts: to create an awareness in the community of the new challenge confronting care givers and teachers; to develop a sense of urgency in responding to this challenge; and to provide training and training resources to teachers, child care providers, and health educators.

The highlights of the two-year project included the successful implementation of two workshops, which attracted over 200 service providers; an in-service training session on developing cost-effective programs for at-risk children in the regular classroom; the compilation and distribution of training manuals and educational brochures to community groups; and an ongoing loan system of pertinent books, articles, and videotapes available through the college's library.

The project was not without some obstacles. Prohibitive cost of broadcast rights for commercial training videotapes prevented the college's television station from providing public training. Also, there was a lack of funds to pay substitutes for teacher release time for training. The teacher training had to compete with over 100 programs on a prescribed in-service day.

In spite of the setbacks, there was increased community awareness and a mobilization of training resources as a result of this project. Participants were eager for resources and appreciative of the opportunity provided by the training. A sense of hopelessness was replaced by new insights and strategies for meeting the challenge.

Alcohol and Other Drug Abuse Education Programs for Schools and the Workplace

Central Community College,
Platte Campus
P.O. Box 1027
Columbus, NE 68602-1027
President: Peter D. Rush
Project Director: Gary Schafer
402/564-7132
Partners: Local schools and business/industry

Central Community College serves a 27-county region that is mostly rural with a strong agricultural and industrial base. When deciding to tackle the issue of alcohol and other drug abuse, the college staff solicited information from local secondary schools and business/industry. They found that in their area there was a problem with alcohol and other drug abuse. In addition, they discovered that some school counselors and company managers who work with students or employees with substance abuse problems do not have sufficient training to deal effectively with the problems.

As a result, this project targeted junior and senior high school counselors, school and industrial nurses, and business/industry personnel directors and managers. A primary goal was to help these target groups gain the skills and knowledge to develop alternative plans to the termination of attendance or employment when students and/or employees have substance abuse problems.

Initially, training was offered to the target groups through two day-long seminars. The first seminar was titled "Meeting the Challenge of Today's Counselors," and the second was called "Alcoholism in the Workplace." While geared toward different audiences, both seminars were designed to offer general alcohol and other drug abuse education and to help the participant gain specific training in intervention and counseling, including how to identify referral resources and how to conduct support groups for people recovering from chemical dependence. The seminar for business/industry also addressed developing drug and alcohol policies in the workplace. Both seminars were well received by the participants.

Another component of the project was on-site training programs for local business/industry. For example, the college developed customized training programs for Dale Electronics, Inc., a Columbus employer with 900 employees. One program designed for the company's managers provided training in identifying and assisting employees with alcohol or other drug abuse problems. This program also included the legal requirements of an employer. A second program was offered for the company's employees and focused on parenting skills and communicating with family and co-workers. The on-site training was beneficial for both the company and its employees. In fact, Dale Electronics was so pleased with the training that the company used a videotape of the on-site program to train its employees in its South Dakota plant.

The project director reported that even with smaller than expected attendance at some of the seminars and programs, overall the alcohol and other drug education project is the kind of effort that makes a positive difference in the lives of all community members.

Developing a Training Program to Prepare Substance Abuse Prevention Personnel
College of DuPage
22nd Street and Lambert Road
Glen Ellyn, IL 60137
President: Harold D. McAninch
Project Director: Rosemary McKinney
708/858-2800, Ext. 3050
Partners: Breaking Free

The development of a curriculum for a Substance Abuse Prevention Certificate was the primary outcome of this project, initiated by College of DuPage in partnership with Breaking Free, a not-for-profit addictions treatment and prevention provider. The project stems from a 1990 document, *Growing Pains—Can We Find and Keep the Workers to Achieve a Drug-Free Illinois?*, which cites a lack of qualified substance abuse prevention personnel in Illinois.

The college began the process by selecting an advisory board of service providers and faculty. Because both practitioners and faculty were involved in the process, they were able to combine their experiences and develop a program involving the practical base of substance abuse agencies and the theoretical approach of the classroom. Together they identified the tasks, skills, and attitudes needed by prevention specialists and used this information as the foundation for determining the curriculum.

The curriculum does not focus on the treatment of the abuser, but rather on problem prevention. The classes include the following topics: prevention strategies, the concept of community development, model prevention programs, and prevention research. The program is designed to lead to Prevention Specialist Certification in Alcohol and Other Drug Abuse. It will be available to students majoring in human resources and to professionals in the field who are seeking prevention education.

This is the first time the College of DuPage used a partnership approach to plan a curriculum. According to the project director, the involvement of the service providers was invaluable. The practitioners helped the faculty to understand the expectations and responsibilities of the prevention specialist position. In addition, while the advisory board was planning the curriculum, the state of Illinois made some major shifts in the field. It was the practitioners who were on top of the changes and were able to keep the rest of the board informed.

The college and its community partners are looking forward to the first prevention certificate classes, which will be offered this academic year.

The Clergy Assistance Program: Helping the Clergy Help Substance Abusers

Delaware County Community College
901 South Media Line Road
Media, PA 19063
President: Richard D. DeCosmo
Project Director: John A. Linder
Contact Person: Susan M.S. Rapp
215/359-5040
Partners: Alcoholism and Addictions Council of Delaware County, Churches Against Narcotics, and Delaware County Drug and Alcohol Commission

During the past few years in Delaware County, Pennsylvania, substance abuse training has been focused primarily on assisting community-based agencies, schools, and other like organizations. Teachers, counselors, and other professionals have been trained to identify at-risk individuals and to help them obtain the support necessary to overcome drug- and alcohol-related problems. However, one important group of potential service providers was being overlooked when it came to substance abuse training—the local clergy.

Regardless of denomination, clergy are often responsible for assisting members of their congregations who are coping with substance abuse problems. Since clergy frequently serve as the link between a congregation member and support services, it is very important that they know specific education and referral techniques.

Delaware County Community College, in partnership with Alcoholism and Addiction Council of Delaware County and Churches Against Narcotics, convened an advisory group of area clergy and identified specific topics that would be of interest to clergy. The group organized the topics into three half-day workshops designed to provide clergy with practical information for assisting members of their congregations who are struggling with substance abuse problems or with those of family members. The topics were well planned and focused on the following issues: the knowledge and beliefs of substance abuse; the patterns of addiction and the role of spirituality in recovery; and steps for clergy to take when someone reaches out for help.

A marketing brochure for the workshops was developed and mailed to more than 450 churches, synagogues, and religious groups. A smaller than anticipated group of clergy attended each session. However, organizers were extremely pleased because they knew that the impact of the training would reach well beyond the participants.

A notable spin-off of the workshop series was the development of the Clergy Forum. Designed as a support network, the forum enables clergy to meet on a periodic basis to discuss issues related to substance abuse. Members from community-based agencies, health support agencies, and educational institutions are often invited to share information and assist with specific concerns.

Both the workshop series and Clergy Forum have been well received by the local clergy. They have been interested and eager to participate and have expressed appreciation for the opportunity to learn more about substance abuse issues in ways that are sensitive to the spiritual nature of their roles.

Project ADAPT (Alcohol/Drug Abuse Prevention and Training)
Greenfield Community College
One College Drive
Greenfield, MA 01301
President: Katherine H. Sloan
Project Director: Mirrless Underwood
413/774-3131
Partners: Beacon Programs and Franklin Medical Center

Franklin County, the poorest, most rural county in Massachusetts, has been greatly affected by high unemployment, a steady erosion of the employment base, and statewide reductions in available social service programs for individuals and families. Many Franklin County citizens who are living in hard times are turning to alcohol and other drugs as solutions. Area professionals are also experiencing stress due to uncertainty of funding and the increased demand for already cut-back services. Project ADAPT was created to respond to this situation by providing a supportive learning community available at no cost to area professionals.

Through Project ADAPT, the college in collaboration with community partners established a "learning community" of practicing human service professionals. Participants in the learning community received in-depth education about the prevention and treatment of alcohol and other drug abuse and acquired necessary skills to assist individuals and families. In addition, they established a professional network of colleagues and resources.

There were several steps the college needed to go through before implementing the learning community, including: developing a college-credit curriculum; identifying agencies, schools, providers, and religious organizations from which to recruit prospective participants; recruiting a team of trainers from college, clinic, and community agencies who could facilitate the learning community; and developing an evaluation plan.

The learning community was offered as a free two-semester program. Participants came from diverse professions and included nurses, probation officers, teachers, clergy, law enforcement officers, guidance counselors, and shelter and outreach workers. Initially, a pretest on knowledge and attitudes was conducted. Ongoing and post-test evaluations were also done.

During the first semester, project staff, who were well known and respected professionals from the local community, structured the evening discussions. As the learning community evolved, class members raised issues and developed agenda with staff. In this learning community, both staff and participants were colleagues and topic area experts. Sixteen participants completed both semesters of the program.

The learning community provided an opportunity for in-depth discussions of current community issues. As a result, the participants formed an ongoing, informal network. Participants have a number of colleagues to turn to for support and encouragement through this network, and together they have the potential to shape local solutions to the issues related to alcohol and other drug abuse.

Greenfield Community College institutionalized the learning community as a three-credit course offered both through its regular schedule and its continuing education division.

Staff Training in Working with Prenatally Alcohol- and Drug-Exposed Infants and Their Families

Long Beach City College
4901 East Carson Street
Long Beach, CA 90808
President: Beverly L. O'Neill
Project Director: Patricia Meier
310/420-4111
Partners: National Council on Alcoholism/Long Beach Area Council on Alcoholism and Other Drug Dependencies—Woman-to-Woman Project

Los Angeles County's Inter-Agency Council on Child Abuse and Neglect reported that in Los Angeles County alone, approximately 2,400 babies were born addicted to drugs, and, based on projected figures, the county's public school systems will begin the next century with tens of thousands of elementary school children damaged by prenatal substance abuse. These alarming statistics prompted the Long Beach City College Child Development Department and the NCA/Long Beach Area Council on Alcoholism and Other Drug Dependencies—Woman-to-Woman Program to apply for the grant so that they could train faculty and staff in identifying and working with prenatally alcohol/drug-exposed infants and children and their families.

At the start of the grant period, the faculty began networking through professional meetings to identify presenters who were willing to conduct workshops and training sessions. Faculty also visited the Children's Service Center to observe an ongoing perinatal drug program. Eventually, experts in the field were brought into the Child Development Department to speak to faculty about drug-exposed infants.

Faculty in the Child Development Department, in collaboration with staff from the Woman-to-Woman Program, sponsored a multidisciplinary conference titled "Working with Child Who Is Prenatally Drug-Exposed." Conference topics included Criminalization of Perinatal Drug Abuse in the '90s, Perinatal Drug Exposure and Developmental Outcomes, Cycle of Addiction-Trauma to Our Children, Challenges Facing Children in Community Systems, and Effective Classroom Interventions for the Young Child. Approximately 150 people attended the conference, including faculty, students, educators, and parents.

A year later a second conference was conducted. It was on school-age child care and had two components—one on parent education and the other on the at-risk child. Approximately 400 people attended this one-day conference.

In addition to the conferences, faculty attended professional meetings and workshops so that they could continue to learn about the most up-to-date techniques for working with prenatally alcohol- and other drug-exposed children. In turn, the faculty incorporated this new information into their own child development classes. As a result of the professional development training, both teachers and their students at Long Beach City College's Child Development Department now have a general knowledge of prenatal drug exposure and all the risks involved.

Family Drug Prevention Program
Luzerne County Community College
1333 South Prospect Street
Nanticoke, PA 18634-3899
President: Donald Bronsard
Project Director: Susan Spry
717/829-7485
Partners: Wyoming Valley Alcohol and Drug Services, Inc., and PROJECT REMAIN (Re-Establishment of Mercy Action in Neighborhoods)

Thirteen years ago, Luzerne County Community College established a primary support program called NEW CHOICES for individuals who are at-risk of dependency on alcohol and other drugs. The number of people seeking help from the NEW CHOICES program increased over the years, with 75 percent of the cases involving an alcohol/drug addiction, addicted family member, and/or an adult child of an alcoholic. Without intervention and prevention strategies for the children of these clients, it was likely the cycle of addictive lifestyles would continue.

Luzerne County Community College, the Wyoming Valley Alcohol and Drug Services, Inc., and PROJECT REMAIN established the Family Drug Prevention Program, which included personal skill-building training for single parents living in low-income housing and a drug prevention program for their children. In addition, a chemical dependency training course was developed and offered for credit to social science students who wanted to serve an internship with the project.

The college recruited participants for the parenting program and held monthly parent group sessions on-site at the housing project. College staff and student assistants led the parents in discussions about self-esteem, myths and musts of parenting, stress management, discipline and punishment, and parent burnout. While parents learned about effective parenting, children participated in drug prevention activities that focused on self-awareness and self-esteem.

The two-year project culminated with Family Fun Day, an event designed for positive family interaction and to encourage participatory activities as alternatives to alcohol and other drug use. Nearly 200 parents and children participated.

Twenty-two parents and 75 children participated in the monthly sessions. A large challenge for the organizers, however, was continuity. Parents' attendance was inconsistent. While there were a number of parents and children involved, they were not always related to each other, making it difficult to work through issues with parents and their own children.

Even with these challenges, staff at Luzerne County Community College are confident that the Family Drug Prevention Program made an impact. By focusing on parents and children they are optimistic that these community members will be able to better conduct their lives. The chemical dependency training course and the parent/child programs will continue to be offered through the NEW CHOICES program.

A Community Partnership for Education and Training of College Faculty and Substance Abuse Professionals

Miami-Dade Community College, South Campus
11011 SW 104th Street
Miami, FL 33157
President: Robert McCabe
Project Director: Ralph Johnson
305/237-2224
Partners: Switchboard of Miami, Campuses Addressing Substance Abuse, Dade County Prevention Network, and Miami Coalition

Miami-Dade Community College is located in Dade County, Florida, a metropolitan area with a diverse population. Like other large urban areas, Dade County has a disproportionate number of citizens who are substance abusers and who exhibit high-risk behavior. As a result, a multitude of private and public agencies in the region work directly with substance abuse prevention. The struggle to combat drug abuse is ongoing, and the need for continuous training of prevention workers, teachers/faculty, care givers, and other interested persons is critical.

Miami-Dade Community College teamed up with several partners, including the Prevention Network, an organization with members from 23 public and private agencies; Campuses Addressing Substance Abuse (CASA), a coalition of colleges and universities in Dade County; and Miami Coalition, a group of leaders from business, education, and government. Together they organized and implemented a comprehensive series of educational workshops that were designed to reach all segments of the diverse community through a coordinated, multidimensional approach. The topics for the workshops were varied and were presented in unusual ways to attract broader participation.

"But Everyone Else Is!" was the title of a one-act play developed specifically for a professional workshop on the skills and insight needed to reach and help at-risk teens in the areas of HIV/AIDS prevention and substance abuse. The play was developed by Integrated Arts, Inc., a local not-for-profit organization dedicated to using the arts in the recovery process. The workshop was intended for teen counselors, school resource officers, and teachers. After the play a registered therapist facilitated discussion.

Another notable program offered through the workshop series was "Prevention '92: Planning, Funding, Evaluation," designed to assist service providers, schools, law enforcement, volunteer groups, local government, and religious groups in the development of prevention programming. The workshop addressed community strategies for prevention, how to expand resources, program evaluation, and multicultural service strategies.

Through these and other workshops, Miami-Dade and its community partners were able to provide training to more than 375 people. There were some problems with "turf protection" in working with local organizations, but organizers overcame this small obstacle and still provided quality programs that made a major contribution to the fight against alcohol and other drug abuse in the county. CASA and the Prevention Network continue to provide drug abuse prevention training.

Substance Abuse Education/ Prevention: A Collaboration of Northern Essex Community College and Family Services Association of Greater Lawrence

Northern Essex Community College
Elliot Way
Haverhill, MA 01830
President: John R. Dimitry
Project Director: Judith Kamber
508/374-3955
Partners: Family Service Association of Greater Lawrence

Like many community colleges, Northern Essex is committed to supporting a drug-free workplace. The Substance Abuse Education and Prevention Project was developed to continue this effort. With its community partner, the Family Services Association of Greater Lawrence, the college designed a comprehensive substance abuse education and prevention program for its campus and neighboring communities.

Fully aware of the devastating impact drug abuse can have on schools, workplaces, and communities, the college made this project a campus affair by combining resources and staff members from a number of different departments across campus. Under the leadership of the director of staff development, an advisory group was convened. Working collectively, the group identified the people to be served, designed and implemented the programs, organized the marketing and publicity of projects, and coordinated with other professional agencies. The group's primary goal was to create a holistic model of education and training on substance abuse and recovery, targeting faculty, staff, students, and service provider professionals.

To accomplish their goal, the advisory group members organized a diverse series of lectures, discussions, workshops, and seminars. One of the primary topics they addressed was the effects of smoking. Several workshops dealing with this issue were offered, including "Second-Hand Smoke: Myth or Reality"; "Benefits of a Smoke-Free Environment"; "Long-Term Effects of Smoking"; "Smoking and Pregnancy"; and "Smoking Cessation." Other topics addressed were addictive personalities, lifestyle drugs such as caffeine and over-the-counter drugs, HIV/AIDS, and drinking and driving. In addition to this series of workshops, the college sponsored two nationally known speakers: Jean Kilbourne, who addressed advertising and alcohol; and Dan Wakefield, who spoke about his own personal journey with alcoholism, drug addiction, and recovery. Both of these lectures were highly successful, with audiences of nearly 400 people.

Overall, nearly 1,000 people, including staff, students, faculty, professionals in the field, and community members, attended the diverse series of programs offered by Northern Essex Community College. A dedicated staff and a team effort were what made this project work.

Alcohol and Drug Abuse Prevention Program
Presentation College
1500 North Main Street
Aberdeen, SD 57401
President: Bernadette Bodine
Project Director: Sister Pam Donelan
605/225-0420
Partners: Northeast South Dakota Alcohol and Drug Abuse Council

Presentation College is a small, private college in Aberdeen, South Dakota, and often does not have the extra revenue needed to fund important projects for its staff and students. With the grant from Metropolitan Life Foundation, the college's students and staff were able to increase their awareness of the issues related to alcohol and other drug abuse through training and educational programs.

The comprehensive educational program began with orientation. Resident assistants, peer helpers, and first-year students participated in a workshop held at Wesleyan University in Mitchell, South Dakota. The workshop focused on addictive and dysfunctional behaviors, including how one overcomes the struggle with alcohol and other drugs. The program's strength was the opportunity for Presentation students to interact with students from another college. Its weakness was a small turnout of Presentation students due to the off-campus location, even though the college provided transportation.

The grant also provided an opportunity for 10 students and two staff members to participate in the Post-Secondary Chemical Promotion Conference in Minneapolis. Some of the conference topics were The Problem User: Signs, Symptoms, and Responses; Promoting Prevention on Campus; AIDS/HIV Overview; Skill Building Strategies; and Helping a Friend Who Has a Chemical Abuse Problem. Students and staff were able to bring back information to their campus and incorporate it into their training for other students and staff.

Presentation College sponsored a live theater presentation on its campus by a group called Recovery Productions. The students and staff who attended the Minneapolis conference saw this production and decided to bring it to the college. The production group performed "Life on the Rocks," a one-act play exploring some of the characteristics and issues shared by people raised in alcoholic and dysfunctional families. The performance was an effective way to bring an important message to the campus community.

In addition to the above-mentioned programs, the college sponsored a series of addiction/recovery programs and several nonalcoholic activities. Through all of these programs, students, staff, and faculty became more aware of the serious impact of alcohol and drug abuse.

The County Network for Education, Communication, and Training (CoNECT)
San Juan College
4601 College Boulevard
Farmington, NM 87402
President: James C. Henderson
Project Director: Marjorie Black
505/599-0364
Partners: San Juan County Partnership, Southwest Center for Drug-Free Schools and Communities, Four Corners Treatment Providers Consortium, First National Bank, New Mexico Department of Health, Navajo Area Indian Health Services, Arizona Public Service Company, La Plata Prevention Partners, Teen Life Center, and Four Winds Addiction Recovery Center

Located on the western edge of the Navajo Reservation, San Juan County, New Mexico, has statistically shown a higher incidence of alcohol/drug abuse than other counties in the region. The Native American population, comprising 33 percent of the county population, is particularly affected by this problem. The county has seen increases of alcohol- and other drug-related problems impacting families, schools, businesses, and medical facilities, as well as compounding problems of local government, judiciary systems, and police enforcement. Although a number of county programs attempted to address alcohol and other drug abuse, the programs were not coordinated.

The major goal of the project was to form a community partnership to plan and implement substance prevention education and training programs and to establish San Juan College as the coordinator for community-based agencies and organizations. The college provided a central locale to pool resources, share personnel, and disburse information. An advisory board called CoNECT was created to help plan activities.

"Creating Cultural Communion" was the title of two major conferences coordinated by the partnership and focused on substance abuse prevention from a cultural perspective. More than 350 people attended each conference, which featured internationally known speakers, interactive workshops, and special entertainment. The first conference addressed multicultural programming in communities, variables in treatment, cultural perspective, visualization processes, and understanding Native American culture. The second conference focused on the prevention of substance abuse through a better understanding of culture. The sessions emphasized building self-esteem and coping skills.

CoNECT sponsored other activities, including a prevention generalists training course; a grant-writing workshop for county schools, agencies, and organizations; and several follow-up group workshops. In addition, CoNECT created and distributed a newsletter featuring community events centered around prevention efforts and a resource guide listing the agencies and organizations involved with substance abuse prevention and treatment.

A major accomplishment of CoNECT was the mobilization of people and resources to provide education and training. Communication has increased among cultural groups within San Juan County and on the reservation as a result of the network. San Juan County officials plan to continue the efforts initiated by the college and have already started to plan the next cultural conference.

Prevention Showcase
South Suburban College
15800 S. State Street
South Holland, IL 60473
President: Richard W. Fonte
Project Director: Robert Marshall, Jr.
708/596-2000
Partners: In Touch Unit of Foundation One

South Suburban College, located 20 miles south of Chicago, serves nearly 320,000 residents in 20 separate communities. The area is ranked among the poorest in the Chicago metropolitan area. South Suburban College, recognizing the problems typically associated with lower incomes, such as substance abuse, took a leadership role and established a comprehensive substance abuse program designed to serve the community.

Three goals guided the South Suburban College project: to provide a forum for service providers to share approaches for addressing the alcohol/drug abuse problem with teachers and counselors in the region, to demonstrate innovative models in peer counselor training for teens, and to disseminate information regarding substance abuse prevention.

The college, in collaboration with the In Touch Unit of Foundation One, convened a task force of service providers with the expertise and resources to organize training efforts. The task force coordinated awareness counseling and referral workshops. During the project's first year, the task force coordinated programs focusing on peer training and the identification of substance abuse in teens and pre-teens. Some highlights were the Signs and Symptoms Workshop, the Teen Empowerment Conference, and a health fair.

During the second year, organizers targeted counselors, educators, agency providers, media, business representatives, law enforcement officers, legislators, and school administrators through a series of workshops called the Prevention Showcase. Nearly 20 topics were identified for potential training sessions. Then workshops were planned and offered. Some of the workshops were "Stress Management and the Parent", "Gangs and Community", "Effective Prevention Alternatives in Schools", "Consistent Parenting", and "A Holistic Approach to Health and Wellness." A special conference targeted clergy in the region.

In addition to the workshop series, 30,000 copies of a pocket-sized resource guide were printed and distributed. Titled "Who Can I Call?", the brochure contained facts and phone numbers for people wanting information about chemical addiction, domestic violence, child abuse, teen suicide, and HIV/AIDS.

An evaluation concluded that because of the task force's efforts there has been an increase in networking among educators, business leaders, and social service agency providers; a more acute awareness of available programs and resources; and a more comprehensive understanding of the impact substance abuse can have on society.

The project director attributes the success of the program to the average citizen's willingness to join the drug prevention effort, and to the task force participants who enthusiastically shared input on common goals.

Inter-Agency Mentoring and Assessment Project to Promote a Drug-Free Environment
Southeastern Community College
P.O. Box 151
Whiteville, NC 28472
President: Stephen C. Scott
Project Director: Julie Stocks
919/642-7141
Partners: Columbus County Health Department, Columbus County Mental Health Center, and Good Shepherd Fund

Prompted by the Drug-Free Workplace Act of 1990, Southeastern Community College in Columbus County, North Carolina, set out to make drug prevention education a priority of the college and local communities. The college joined forces with the county health department, the county mental health center, and a local nonprofit organization called the Good Shepherd Fund. The partners identified and established an advisory committee that launched the Inter-Agency Mentoring and Assessment Project to Promote a Drug-Free Environment.

One of the primary goals of the project was to develop a countywide substance abuse assessment system. The advisory committee, with assistance from the college's research office, designed a survey to assess the types and level of drug use on the campus and in the county. Using a random sample, the survey was administered to 1,500 students enrolled in curriculum programs in spring 1991 and again in 1992. The results showed alcohol was the drug of choice of most college students. This information was incorporated into plans for substance abuse prevention programs.

A student group called "Dare to Be Different Team" spearheaded the drug prevention programs. A psychology instructor and the dean of students trained the students in substance abuse intervention and prevention. After training, the students developed and presented a workshop on alcohol abuse to all campus clubs and organizations. The workshop involved pre- and post-tests and a skit performed by club members in an effort to engage the participating students in active learning. In addition to the workshops, the Dare team organized and implemented 19 alcohol/drug prevention activities. While the programs were well received, one major obstacle was sustaining participation in the group, mainly as a result of the ever-changing environment of the community college.

On a county level, the advisory committee worked to establish an area resource/referral bank. The committee surveyed local agencies and coordinated the *Columbus County Area Resource Directory on Substance Abuse Services*. The directory is compiled on a computerized database and will be maintained and updated regularly by the county health department.

The project director reports, as a result of this project, significant advances in promoting a drug-free environment. Many of the activities are continuing.

Regional Wellness Resource Center
Triton College
2000 Fifth Avenue
River Grove, IL 60171
President: George Jorndt
Project Director: Angel Mercier
708/456-0300
Partners: Cook County Department of Public Health and Cook County Sheriff Youth Services Department INTOUCH Program

Triton College joined with community partners Cook County Department of Public Health and Cook County Sheriff Youth Services Department INTOUCH Program to establish a Regional Wellness Resource Center. The center's primary purpose was to provide a central site to house substance abuse prevention educational materials, as well as materials related to AIDS and sexually transmitted disease prevention. In addition, the center was designed to serve as a training facility for substance abuse counselors.

The center continues to house a lending library of videotapes, audiotapes, and print materials. The materials in the center have been catalogued, and an annotated bibliography was developed and disseminated to local schools, service agencies, and faculty and staff. The bibliography was also made available through the college library.

During the grant period, substance abuse prevention counseling was provided at the center by peer counselors who were trained by the college's student development staff. At least five peer counselors were present during the center's operating hours. Substance abuse training workshops were also conducted through the center, including a series of programs dedicated to the issue of date violence. This series was very successful, with 50 to 100 students attending each of the sessions.

Another training program offered through the center was the Systematic Training for Effective Parenting (STEP) Program. Over the 10-week program, parents learned about understanding children's misbehavior, using effective encouragement techniques, communicating ideas and feelings, and acting positively rather than negatively when encountering misbehavior. INTOUCH trained center staff members in techniques for conducting STEP.

Also affiliated with the center, Great Expectations, a popular organization of current and former Chicago Bears football players, conducted 21 "train the trainer" workshop sessions for local schools. Both school personnel and students participated in presentations focused on strategies and skills for setting positive goals, avoiding pitfalls, education, and exercise.

The center proved to be effective in coordinating programs and resources. The materials and the educational services were used by both the campus community and the district schools, including elementary schools.

The following is a selected list of books, booklets, and videos recommended by the project directors.

Books

Breaking the Cycle of Addiction, Patricia O'Gorman and Phillip Oliver-Diaz, Deerfield Beach, FL, 1987.

Designed for adult children of alcoholics. Discusses how to raise healthy children.

Building Drug-Free Schools: An Educator's Guide to Policy, Curriculum, and Community Consensus, American Council for Drug Education, Rockville, MD, 1986.

A guide to building a drug-free school.

Different Like Me, Evelyn Leite and Pamela Esplenade, Johnson Institute, MN, 1987.

Designed for teens. Talks about living with parents who are drug users.

Drug-Free Sampler, Joyce L. McKay, Don Dinkmeyer, Sr., Don Dinkmeyer, Jr., American Guidance Service, Circle Pines, MN, 1989.

Lesson activities for early elementary education.

Following the Yellow Brick Road, Joy Miller and Marianne Ripper, Health Communications, Deerfield Beach, FL, 1988.

A step-by-step recovery for children of alcoholics.

Illicit Drug Use, Smoking, and Drinking by America's High School Students, U.S. Department of Health and Human Services, Washington, DC, 1989.

A report on drug use and related attitudes of America's high school seniors and young adults.

Kick the Habit, Clifton J. Alexander and Sandy Alexander, Antler Publishing Corporation, Tucson, AZ, 1989.

A guide to identifying and treating addiction.

Straight Talk About Drugs, Paul Hewett, CompCare Publishers, Minneapolis, MN, 1990.

In depth definitions of drug terms.

S.T.E.P. (Systematic Training for Effective Parenting), American Guidance Service, Circle Pines, MN.

A step-by-step guide to improve parent-child relations.

Booklets

Alcohol and Drug Policies, Addiction Research Foundation, Toronto, Ontario, 1988.

Designed for school boards.

Alcohol, Tobacco, and Other Drugs May Harm the Unborn, U.S. Department of Health and Human Services, Rockville, MD, 1990.

A compilation of basic research and clinical studies on effects of drug exposure on the unborn child.

Cocaine/Crack: The Big Lie, U.S. Department of Health and Human Services, National Institute on Drug Abuse, Rockville, MD, 1987.

Discusses the dangers of cocaine use.

Facts About Drugs, Addiction Research Foundation, Toronto, Ontario, 1989.

Fact book on drugs.

Growing Up Drug Free: Parents' Guide to Prevention, U.S. Department of Education, Washington, DC, 1990.

Designed to help parents teach their children how to avoid drugs.

National Clearinghouse for Alcohol and Drug Information (NCADI), U.S. Department of Health and Human Services, Rockville, MD, 1990.

A catalog of services.

National Commission on Drug-Free Schools/Toward a Drug-Free Generation: A Nation's Responsibility, U.S. Department of Education, Washington, DC, 1990.

A final report from the National Commission on Drug-Free Schools.

Smoking, Tobacco and Health, U.S. Department of Health and Human Services, Public Health Service, 1989.

A report by the Department of Health.

What Works: Schools Without Drugs, U.S. Department of Education, Washington, DC, 1989.

Provides examples of schools with successful prevention programs.

When Cocaine Affects Someone You Love, U.S. Department of Health and Human Services, Office for Substance Abuse Prevention (OSAP), Washington, DC, 1987.

Addresses issues about cocaine and the impact on close relationships.

Videos

Cocaine/Crack: A Teenager's Story, Sunburst Communications, Pleasantville, NY, 1989.

A story of a teenager who uses drugs and the consequences faced.

Conquering the Bottle, Perennial Education, The Altschul Group, Evanston, IL, 1986.

A presentation of steps to recovery.

Coping With Family Crisis: Addictions, Financial Distress, Illness and Death, Guidance Associates, Mount Kisco, NY.

Interviews with families in crisis.

Date Rape: The Ultimate Violation of Trust, Media Production Group, Toledo, OH, 1990.

A discussion of sexual assault.

High Top Towers, Triton College, River Grove, IL, 1990.

Triton College's drug prevention program.

Life Positive: A Drug Abuse Prevention Curriculum, Sunburst Communications, Pleasantville, NY.

A model drug education program for grade level 5–9.

No Victory: Teens Driving Drunk, Perennial Education, The Altschul Group, Evanston, IL, 1990.

A story of teens and the consequences faced when driving drunk.

Systematic Training for Effective Parenting, American Guidance Service, Circle Pines, MN.

A step-by-step guide to improving parent-child relations.

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